

# SPORTS

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## CLASSES

A **Kayak Touring** class is offered, which consists of three parts. A classroom lecture, a pool session and a trip to one of the local lakes for an over night kayak trip. All paddle gear included. Cost is \$150 per person. **May 25, 27, 29-30**, Tue. 6-9 p.m., Thur. 5:30-8 p.m., Sat. 7 p.m. departure, Sun. 6 p.m. return. Call 846-1499.

**PT Prep** is a circuit training and aerobics class combined. It is designed to keep the heart rate up while working on circuit exercises that focus on push-ups and sit-ups. The aerobic portions focus on intense exercises—jumping jacks, sprints, hustlers, shuffles, body builders—that build cardiovascular endurance to help with the PT run. PT Prep is **Mondays**, 6 a.m. and 4 p.m. and **Wednesdays** and **Fridays** at 6 a.m. Call 846-1102.

The **Low-Impact Aerobics** class begins at 9:30 a.m. **Mondays, Wednesdays** and **Fridays** at the East Fitness Center. Call 846-1102.

Recall the glory days of boot camp while getting into shape. **Classes** are **Wednesdays**, 5 p.m., at the East Fitness Center. Call 846-1073.

**Indoor cycling** classes are held at the East Fitness Center, **Monday-Thursday**, 6 p.m. Call 846-1073.

**Water aerobics** is open on a pay-by-the-day basis at no additional charge with no additional charges on pool passes. Classes are **Mondays, Wednesdays** and **Fridays**, 10-11 a.m., and 11a.m.-noon; and **Mondays** and **Wednesdays**, 5:30-6:30 p.m.

A **4th Annual Memorial Day run** is **May 30**. Start and finish is at the Veterans Memorial at Louisiana and Gibson. Half marathon starts at 6:50 a.m., 5-K run/walk is at 7

a.m. and kids one-mile fun run is at 8:45 a.m. Register online at [www.signmeupsports.com](http://www.signmeupsports.com) or pick up forms at East Fitness Center. Cost for race is \$20 if registered by **May 23**, \$25, **May 24-28**, and \$30 **May 29**.

## Yoga Classes

Saturdays at 11:00 a.m.

Call  
846-1102

AF SERVICES



East Fitness Center  
G Ave & Texas St.

Ever wanted to feel the rush of a running river, or relax in the calm peace of touring on a lake. Well, kayaking is the best way to get you there and rolling is a basic but critical skill needed to become a proficient paddler. Join our roll clinic to learn about safety techniques, wet exits, bow rescue and of course kayak rolling. This class will be a prerequisite for the beginning white water class later in the summer! **Thursday, May 20**, 5:30-8 p.m. Cost-\$15 w/ personal gear \$20 without. 5-student min, 8-student max.

377th Air Base Wing

Serving Freedom's Finest

### SPRING SCRAMBLE

Friday, 28 May 2004

Shotgun Start (1 p.m.)  
Demo Day with  
Titleist, Cobra, Srixon

\$35 per person includes  
green fees, range ball's, cart,  
dinner & prizes

Sign up at Pro Shop

For more information call 846-1169

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AF SERVICES

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## CLUBS

The Kirtland Olympic pool offers a Masters Swim Team run by the Kirtland Aquatics Club. A great opportunity to get into shape and swim competitively, if desired. Call 271-9586.

Flag Football League practice begins June 18. Games will be played Monday through Thursday starting at 5:30 p.m. Cost is \$35 for members and \$45 for non-members. Call 853-5437.

Fitness Center Handball Club meets 11 a.m.-1 p.m. in courts 2 and 5 for challenge games. New members are always welcome. Contact Bob Sanchez at 846-2454 or John Nowicki at 883-3018.

**Fitness Center  
Handball Club**

USAF  
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Combat Support & Community Service



**11 a.m. - 1 p.m.  
Courts 2 & 5**

**For information call  
846-2454 or 883-3018**

## GOLF

Tijeras Arroyo Golf Course has Link Up to Golf, a program to help people learn how

to golf. Session two is **May 12 and 19**, 5-7 p.m. Call 846-1574.

**Junior Golf Camp will be held June 14-18. Classes will be conducted Monday - Thursday 8:30 a.m. to 10:30 a.m. and Friday 8:30 a.m. to 11 a.m.**

Youth are not required to have prior knowledge of the game of golf. The program is open to ages 8-17. Parents can sign up their children at the Youth Center. Cost is \$30.00 per student. For additional information call the Youth Center at 846-4092.



## ODDS & ENDS

The Kirtland Air Force Base outdoor pool will be opening for the season on Memorial Day, Monday, May 31 for a swim for free special. Come work on your tan, get out of the heat and play in the cool water of the outdoor pool. Tuesday business will start as usual with normal hours of operation: Tuesday- Friday 11-7 Saturday Sunday 11-5 Mondays closed for cleaning daily use fees range from \$1.50-\$3 Call 846-1499.

If your child will be participating in sports during the 2004-2005 school year, now is the time to get their sport physicals completed. To make an appointment for a sports physical, call 846-3200.

The East Fitness Center holds the USAF Cycling Program, "Go For The Ride Of Your Life". You can win t-shirts, caps, towels and water bottles. Pick up a mileage card at the East Fitness Center. Call 846-1102.

The East Fitness Center holds the "Run For Your Life" program. Participants are

authorized 3 miles a day. Incentive prizes are given out for miles accumulated. Call 846-1102 for more information.

The East Fitness Center has two Personal Trainers on call. James Allison, Certified International Fitness Professional Association (IFPA) and Diane Cabral, Certified National Strength and Condition Association (NSCA) Personal Trainer. Cost is \$25 an hour. Call 846-1102.

The Air Force Sports Program is looking for people who excel in boxing, bowling, cross country, golf, fencing, rugby, shooting, tae kwon do, track and field, triathlon, wrestling, marathon or men's and women's basketball, soccer, softball or volleyball. Visit [www-r.afsv.af.mil](http://www-r.afsv.af.mil) or call 846-1102.

## TRAVEL

Isotopes baseball game vouchers are available at Tickets and Travel for the 2004 season. Cost is \$6. The vouchers are good for any home game except exhibition games and July 2 and 3 playoff games. Call 846-2924.

Join ODR for Foothills Mountain Bike Clinic, This educational 3-hour ride on the Sandia foothills trails. Designed to help beginner-intermediate mountain bikers. We will focus on riding technique, safety, climbing, jumps, and down hills. All you need is a bike, helmet and a smile. Price includes bike rental if needed. Wednesday, May 26, cost \$20, 5-8 p.m. Call 846-1499.

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*Did you know?*

**The Kirtland Lanes hosts  
weekly pool tournaments.**

*For more info call 846-6851.*